

Marka aad Ilmahaaga ku haynayso Guriga

Sidee baan u xadidi karnaa fiditaanka fayraska H1N1 (Hargabka doofaarka)?

Arrinta ugu muhiimsan waa in dadka xannuunsanaya laga fogeyyo dadka caafimaadka qaba. Sidaas darteed haddii ilmahaagu uu cudurkan qabo, waa in aad ku hayso guriga. Guriga oo la joogo marka la jirran yahay waxay joojisaa in hargabkani uu fido, waxana ay ku caawisaa qofka buka in uu bogsado.

Su'aalahan ka jawaab subax kasta kahor inta aanad ilmahaaga u dirin iskuulka ama xannaanada ilmaha:

1. Ilmahaagu ma leeyahay **xummad** (100° F ama 37. 7°C)? Haddii aanad haysan qalabka xummadda lagu cabiro, gacantaada ku taabo maqaarka ilmahaaga. Haddii uu ka diirran yahay sida caadiga ah markaas ilmahaaga waxa haysa xummad.
2. Ilmahaagu ma leeyahay **cuno xannuun, qufac, jidh xannuun, matag, ama shuban?**

Haddii aad ku jawaabtay “haa” dhammaan su’alaha sare, waxa suurtogal ah in ilmahaagu qabo hargabkan. Ilmahaaga guriga ku hay oo ka jooji iskuulka muddo 7 maalmood ah ilaa inta astaamahani ka go’ayaan muddo 24 sacadood ah, amaba ka badan.

Haddii aad ku jawaabtay “haa” keliya mid ka mid ah su’alaha sare, ilmahaaga ku hay guriga oo ka jooji iskuulka ilaa inta astaamahani ay ka go’ayaan muddo 24 saacadood ah.

Goorma ayay tahay in Ilmaha dhakhtarka la geeyo?

Telefoon u dir dhakhtarkaaga caafimaadka haddii ilmahaagu xannuunsanayo sida caadiga ah ee aad ula kulmi lahayd dhakhtar caafimaad. Adeegso go’aan qaadashada aad sameyn lahayd sida hargab-xilliyeedka caadiga ah. Haddii sida caadiga ah aanad dhakhtar u tegi jirin marka aad aragto astaamaha uu ilmahaagu leeyahay hadda, uma baahnid in aad la kulanto dhakhtar caafimaad.

Haddii aad u baahan tahay xannaano caafimaad oo aanad lahayn dhakhtar caafimaad ama caymis caafimaad, la hadal Barnaamijka helitaanka Caafimaadka Bulshada 800-756-5437. Laguma weydiin doono caddayn ku saabsan xaaladaada muhaajirnimo.

Wixii warixin ah iyo wararka soo kordha:

- Xaashida Macluumaadka: “Macluumaadka Fayraska H1N1 (hargabka doofaarka) ee qoysaska carruurta iskuulada dhigata” www.kingcounty.gov/health/H1N1
- Khadka Caafimaadka Bulshada ee Hargabka, Isniin – Jimce 9am – 5pm, 1-877-903-KING (5464), TTY u gudub: 711
- Caafimaadka Bulshada – Seattle & King County, www.kingcounty.gov/health/H1N1